

# RISK ASSESSMENT: Orienteering

Completed by: Activities Management Team

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What is the Hazard?	Who may be harmed?	How might people be harmed?	Risk Rating			Control Measures in Place	Remaining Risk		
			Probability	Severity	Risk		Probability	Severity	Risk
<b>Slips, Trips and Falls</b>	All	Cuts, bruises, grazes	2	2	4	<ul style="list-style-type: none"> <li>All participants are instructed to wear appropriate footwear.</li> <li>Participants warned about potential trip hazards.</li> </ul>	1	2	2
<b>Exposure/ Hypothermia and Sunburn</b>	All	Sunburn, high temperature and dehydration.	2	2	4	<ul style="list-style-type: none"> <li>Participants should have suitable clothing prior to the activity.</li> <li>Group advised to drink plenty of water.</li> <li>Sun cream applied when needed.</li> </ul>	1	2	2
<b>Group Behaviour</b>	All	Loss of control of the group, participants being distracted/ not listening.	2	2	4	<ul style="list-style-type: none"> <li>Group leaders are to ensure that the group is under control at all times.</li> <li>Leader in charge of whole session.</li> </ul>	1	2	2
<b>Adverse Weather</b>	All	See 'Exposure'	2	3	6	<ul style="list-style-type: none"> <li>Advice is given on what to do in the occurrence of adverse weather.</li> <li>Participants are advised to wear suitable clothing for weather conditions</li> <li>Refer to 'Adverse Weather' policy.</li> </ul>	1	3	3
<b>Injuries to a Group Member</b>	Participants	Variety of injuries including Musculoskeletal injuries, cuts, bruises	2	3	6	<ul style="list-style-type: none"> <li>In the event of a party member getting injured one person is to stay with the injured member while the rest of the group goes for help.</li> <li>Group leader is to deal with first aid; help is available from reception.</li> </ul>	1	3	3
<b>Lost Participants</b>	Participants	Emotional distress	2	3	6	<ul style="list-style-type: none"> <li>Group are told about the site having boundary fences and they are to stay on site.</li> <li>There is no need to go off site for this activity.</li> <li>Younger participants are advised to have adults in the group.</li> <li>The Orienteering Activity cards include a site map.</li> </ul>	1	3	3
<b>Navigational Competence</b>	Participants	See 'Lost Participants'	3	2	6	<ul style="list-style-type: none"> <li>The course is designed so that low navigational competence is required to collect most check points.</li> <li>Help is available from reception.</li> </ul>	1	2	2

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			Probability	Severity	Risk		Probability	Severity	Risk
<b>Out of Bounds Areas</b>	Participants	Variety of injuries including Musculoskeletal injuries, cuts, bruises	3	3	9	<ul style="list-style-type: none"> <li>• Areas such as staff accommodation, activity and maintenance areas are strictly out of bounds.</li> <li>• Fences and signs stop visitors from entering these areas along with checkpoint markers not being positioned near these areas.</li> <li>• Participants warned there is no need to go into any of these areas.</li> <li>• Certain areas of site are locked to prevent access to unauthorised persons.</li> </ul>	1	3	3

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Level	Likelihood Factor	Severity Description
1	Very Unlikely	Insignificant – No injury or No First Aid required.
2	Unlikely	Minor – Minor injuries requiring first aid such as cuts, grazes, bruising.
3	Fairly Likely	Moderate – Injuries resulting in up to three days' absence from work.
4	Likely	Major – Injuries resulting in a week or more absence from work, for example broken bones, deep cut etc.
5	Very Likely	Catastrophic – Amputations or Death.

  

Remaining Risk Level	Description
1-5	Very low, minimal risk, control measures more than adequate
5-10	Low, control measures satisfactory
10-15	Medium, control measures adequate
15-20	High, control measures need further consideration
20-25	Very high, intolerable, stop Job